



The Self-
Investigation

www.theselfinvestigation.com

Optional Resources

These are some of the resources mentioned in the module 2 videos, so you can dig deeper into the topics, if interested.

Resources from “What’s keeping you stuck in unhealthy habits #2”	1
Resources from “How the digital world is stressing you out”	2
Resources from “Learn about online harassment with Nadine Hoffman”	2
Resources from “Learn about vicarious trauma with Dean Yates”	3
Resources from “Panel: The importance of digital wellness for our mental health”	4

Resources from “What’s keeping you stuck in unhealthy habits #2”

“Research Proves Your Brain Needs Breaks,” by Microsoft’s Human Factors Engineering group

<https://www.microsoft.com/en-us/worklab/work-trend-index/brain-research>

“Eisenhower Matrix for Best Decision-making & Productivity: The Ultimate Guide,” by Surbhi Mahnot, *The Blog Relay*

<https://theblogrelay.com/eisenhower-matrix-for-decision-making/>

Nir Eyal’s website (recommendation: sign up to his newsletter)

<https://www.nirandfar.com/>

“The Cost of Interrupted Work: More Speed and Stress,” by Mark et al. (2008)

<https://www.ics.uci.edu/~gmark/chi08-mark.pdf>

Cal Newport’s website (who coined the “deep work” term; his newsletter is also recommended)

<https://www.calnewport.com/>

“The Great Resignation: What People Value in the Age of Remote Work,” by Rahul Vohra, *Superhuman*

<https://blog.superhuman.com/workplace-wellness-report-2021/>



“You Don’t Need to Answer Right Away! Receivers Overestimate How Quickly Senders Expect Responses to Non-Urgent Work Emails,” by *Laura M. Giurge and Vanessa K. Bohns*
<https://www.sciencedirect.com/science/article/abs/pii/S0749597821000807>

Digital News Report 2022, by *Reuters Institute for the Study of Journalism*
<https://reutersinstitute.politics.ox.ac.uk/digital-news-report/2022>

Resources from “How the digital world is stressing you out”

“Stanford Researchers Identify Four Causes for ‘Zoom fatigue’ and Their Simple Fixes,”
by *Vignesh Ramachandran, Stanford News*
<https://news.stanford.edu/2021/02/23/four-causes-zoom-fatigue-solutions/>

“How to turn autoplay previous on or off,” *Netflix*
<https://help.netflix.com/en/node/2102>

“How does autoplay work?” *HBO Max*
<https://help.hbomax.com/us/Answer/Detail/000001251>

Autoplay videos, *Youtube*
<https://support.google.com/youtube/answer/6327615?hl=en#zippy=%2Cautoplay-on-your-mobile-device>

Mobile delays are as stressful as watching a horror movie!, by *Neurons Inc.*
<https://www.neuronsinc.com/cases/ericsson>

“Long working hours increasing deaths from heart disease and stroke: WHO, ILO,” by *the World Health Organization*
<https://www.who.int/news/item/17-05-2021-long-working-hours-increasing-deaths-from-heart-disease-and-stroke-who-ilo>

Resources from “Learn about online harassment with Nadine Hoffman”

International Women’s Media Foundation’s website
<https://www.iwmf.org/>



Online Violence Response Hub, by the *Coalition Against Online Violence*

<https://onlineviolenceresponsehub.org/>

ICFJ-UNESCO Global Study: Online Violence Against Women Journalists

<https://www.icfj.org/our-work/icfj-unesco-global-study-online-violence-against-women-journalists>

“Attacks and Harassment. The Impact on Female Journalists and Their Reporting,” by *Trollbusters and IWMF*

<https://www.iwmf.org/wp-content/uploads/2018/09/Attacks-and-Harassment.pdf>

“Online Harassment: Strategies for Journalists’ Defense,” self-directed course by the *Knight Center for Journalism in the Americas*

<https://journalismcourses.org/course/onlineharassment/>

“Online Harassment Field Manual,” by *PEN America*

<https://onlineharassmentfieldmanual.pen.org/defining-online-harassment-a-glossary-of-terms/>

The Seattle Times’ Online Abuse Guidelines

<https://betternews.org/wp-content/uploads/2022/01/Seattle-Times-online-harassment-guidelines-Better-News.pdf>

International Press Institute Tutorials to defend against the impact of online abuse

<https://newsrooms-ontheline.ipi.media/tutorials/>

TrollBuster’s website (*NGO that works to end digital harassment of women journalists*)

<http://www.troll-busters.com/>

Behind the Headlines podcast episode 5 with Marianna Spring, by the *Headlines Network*

<https://audioboom.com/posts/8084971-marianna-spring>

Resources from “Learn about vicarious trauma with Dean Yates”

Dean Yates’ website

<https://www.deanyates.com.au/>

Collateral Murder - Wikileaks - Iraq video

Warning: This video contains graphic content



<https://www.youtube.com/watch?v=5rXPfnU3G0>

“Journalism and Vicarious Trauma: A Guide for Journalists, Editors and News Organisations,” by Sam Dubberley & Michele Grant, *First Draft*

<https://firstdraftnews.org/wp-content/uploads/2017/04/vicarioustrauma.pdf>

“Finally recognizing secondary trauma as a primary issue,” by Sam Dubberley, *Columbia Journalism Review*

<https://www.cjr.org/analysis/finally-recognizing-secondary-trauma-as-a-primary-issue.php>

“The Dart Center Style Guide for Trauma-Informed Journalism,” by the Dart Center for Journalism & Trauma

<https://dartcenter.org/resources/dart-center-style-guide>

Resources from “Panel: The importance of digital wellness for our mental health”

Digital Wellness Institute’s website

<https://www.digitalwellnessinstitute.com/>

Some resources by the Digital Wellness Institute:

“Your Playbook for Thriving in the Remote Work Era”

<https://www.digitalwellnessinstitute.com/e-book>

Digital Flourishing Survey

<http://sgiz.mobi/s3/digitalflourishing>

“How Digitally Well is Your Workplace?”

<https://www.digitalwellnessinstitute.com/assessment>

2022 Digital Wellness Day events

<https://www.digitalwellnessday.com/digitalwellnessdayevents>